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Claims:

1. A lifeline trolley having a trolley body with a channel adapted to fit over a fixed lifeline to allow the trolley to travel along the lifeline, means for connecting a personal lifeline to the trolley body, and a brake which, when activated, brakes the trolley relative to a fixed lifeline on which it is travelling, wherein the brake is adapted to be activated by movement relative to the trolley body of the personal lifeline connecting means, to brake the trolley relative to the fixed lifeline.

2. A trolley as claimed in Claim 1, wherein the trolley is adapted to run on a generally horizontal fixed lifeline.

3. A trolley as claimed in Claim 1 or Claim 2, wherein the connecting means comprises an elongate aperture through the trolley body, with a movable finger traversing the aperture and engageable with a personal lifeline terminal fitting such that movement relative to the trolley of a personal lifeline terminal fitting engaged with the finger moves the finger in the aperture to activate the brake.

4. A trolley as claimed in Claim 3, wherein the brake comprises a cam forming part of the movable finger and mounted for pivoting movement in the trolley body, such that pivoting movement of the movable finger causes part of the cam to project into the channel to engage the lifeline.

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5. A trolley as claimed in Claim 3 or Claim 4, wherein the cam has two fingers, both of which traverse the elongate aperture with a space between them to receive a personal lifeline terminal fitting so that movement of the terminal fitting in either direction causes the cam to rotate.

6. A trolley as claimed in Claim 4 or Claim 5, wherein the cam is symmetrical on either side of a plane which extends through the cam pivot mounting and normal to the axis of the channel.

7. A trolley as claimed in Claim 5 or Claim 6, including a karabiner fitted in the aperture, with a limb of the karabiner located between the two fingers of the cam.

8. A trolley as claimed in any preceding claim, wherein the channel for accommodating the lifeline wire has an opening at one point around its circumference to allow the trolley to pass a lifeline support bracket.